



WELCOME TO THE

World Suicide Prevention Day

NT FORUM 2023

“BREAKING BARRIERS. SAVING TERRITORY LIVES”



BACKGROUND

In the Northern Territory, Sabrina's Reach4Life has proudly hosted an event for the past five years to bring together people with lived experience of suicide to share their story: key stakeholders in the sector to share information, strategies, programs and identify recommendations for reducing the incidence of suicide across the NT.

The success of this event has seen it expand to a full day forum in 2023 and is the largest gathering of key service sector, government, health representatives and people with lived experience in the Northern Territory.

The 2023 event was held at Charles Darwin University on Friday 29 September 2023. The theme was "Breaking Barriers. Saving Territory Lives"

The 2023 event was auspiced by Sabrina's Reach4Life with the collaboration of key stakeholders and representation from NT PHN, Thirrili, NEAMI National, Wesley Mission, Suicide Prevention Australia, Noone Left Behind, MHTraining and Villy Australia.

"BREAKING BARRIERS. SAVING TERRITORY LIVES"



KEY OUTCOMES

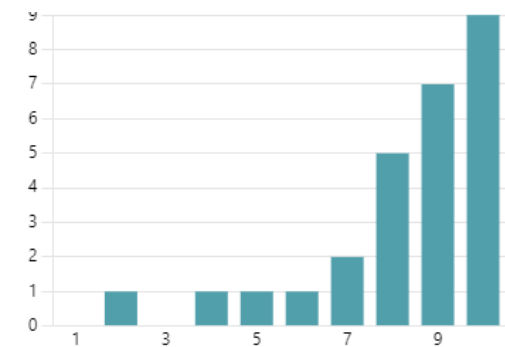
- The Forum was attended by 127 people
- Participants were from a cross section of the community with a diversity in cultural and linguistic background, age, sex, government, NGO's, businesses, service providers, health practitioners, policy makers, volunteer support services just to name a few
- The depth and breadth of the discussions and links to key representatives right across the country, including SPA, Lifeline and 13Yarn and Black Dog Institute Post forum feedback indicated
- 96% of attendees said they may or would attend again.
- 30 speakers across 15 sessions
- Feedback from participants rated the Forum 8.3 out of 10.

“Working collectively and hearing the voices of all is the only way that we will reduce suicides.” (Attendee)

SURVEY RESPONSES

- There needs to be stronger, authentic leadership and collaboration to reduce suicide in the NT
- The overall event rating was 8.3/10 and overall speaker rating was 8.48/10

8.30
Average Rating



8.48
Average Rating



KEY ACHIEVEMENTS

- Collaboration of stakeholders on committee
- 127 Attendees
- Diverse program
- Incorporated 20 expo stalls and access to support services
- Showcase of youth voice, First Nations approaches, National impact and grass roots initiatives
- Men's Engagement workshop highly regarded
- Event rating of 8.3/10
- 96% of attendees said they may or would attend again

The 2023 Forum included keynote presentations from;

- The Honourable Lauren Moss, Minister for Mental Health and Suicide Prevention
- Professor David Mitchell, Chief Psychiatrist of the NT
- Jahdai Vigona, 2023 NT Young Australian of the Year
- Representatives from Suicide Prevention Australia, 13Yarn and Lifeline
- Panel Sessions on 'What works for Aboriginal people works for all people' and 'Changing it Up: Innovative approaches for suicide prevention'
- Four workshops were offered as part of the initiative

KEY ACHIEVEMENTS

Would you attend this event in the future?



KEY MESSAGES

Was there a particular speaker or message that stood out for you?

- Jahdai and the value of supporting and encouraging your people. David Mitchell's message of hope resonated and Aunty Marj from 13YARN was amazing.
- Jo Langford's poem on lived experience
- All the panellists in the Men's workshop
- Erin Reilly - her knowledge was incredible
- Prof. David Mitchell skillfully unpacked hope and connection
- The diversity of organisations that are working tirelessly around suicide prevention, especially focusing on mens wellbeing.
- That people will more likely seek help from those who have lived experience
- David Mitchell's expertise and message of hope
- All of them had different perspectives
- Everyone was on point and created a lot of discussion
- The value of lived experience in suicide prevention. The need to cater for particular cohorts. We need to work collaboratively to reduce suicide
- The Lived Experience workshop
- Prof. David Mitchell sharing his background across a broad range of work experiences.
- Stronger focus on social determinants of health needed
- The video of the 12 year old girl in Alice at night "They are drunk and fighting and want to get (sex) funny". It occurred to me that 100 plus years ago the USA had similar alcoholic issues with anti grog demonstrations by the women that had to put up with the abuses. "SO, is there any hands on AA type of support for Indigenous? If not, why not"?



SIGNIFICANT LEARNINGS



- Working collectively and hearing the voices of all is the only way that we will reduce suicides.
- That suicide prevention requires a collaboration with all of us
- How many new tools ect are on there way to help prevent suicide and the depth of how many are on board with getting the message of its ok to talk about it
- It was great to hear all about how 13YARN works
- Learning about the grass roots responses to suicide prevention
- There is hope to greatly reduce suicide
- Keep it locally focused rather than business or systems focused
- The amount of resources available
- My first time speaking in a public forum was hard for me but I believe I would do it again
- That lived experience is not far from any of us
- More funding is required to support an amazing group of passionate, driven people
- Knowing more about the different initiatives to raise suicide awareness in the NT
- So many people wanting to work together to raise awareness
- There continues to be a genuine appetite from many in the sector to come together, learn from each other, from others who specialise in their field and network with each other.
- Hope is the primary ingredient we need to give people

SIGNIFICANT LEARNINGS CON'T

- The collective knowledge, efforts and collaborative decision-making practices produce better outcomes
- That all people need support
- More partnerships and collaboration needed
- Things are more challenging in the NT. Circumstances can lead to higher rates of suicide but economic factors means that there is less to spend on many government services, including MH. Collaboration is the key. I also got a lot from the networking opportunities that occurred between the formal sessions.
- That although good and well intentioned persons are fully engaged they are slipping; 9.7% increase from 2016 to 2021, this is sad.



OTHER COMMENTS

- Need more CALD representation. This is one of the key groups increasing in the stats - need to include them
- Overall it was an excellent day
- The auditorium, if full, would be a little claustrophobic for some
- I like how affordable it was to attend and the catering was AMAZING
- Well done it was an enjoyable day
- Well done to the organisers!
- Overall a very good forum
- Amazing and resilient people, each history of striving was really soulful
- Applaud Lidia and the SR4L team, and the planning committee to a well planned Forum. cannot wait for next year's
- I think the forum was missing some key stakeholders
- Well down to all involved in making the event a success
- Well done to the organising team. See you next year.
- Excellent, well organized
- Great to see the Minister attend. Demonstrates her commitment. The organising committee did a great job. The venue worked well. Food was really good. All round a great meeting. Congratulations to Lidia and team.



INAUGURAL PITCH COMPETITION FEEDBACK

The inaugural Pitch Competition was held this year and the winning grass roots project was awarded \$2,000 and subject matter expert support to bring it to fruition. Did you feel this was a good addition to the program and something that should occur again in the future?

The winning pitch was the "Youth Yarn – Youth Podcast."



The other shortlisted projects gifted \$500 included:

- Man Walk Darwin
- Online remote values led women's mentoring project
- International student posters
- International Student Film Night and SafeTALK Training Session

- Check the microphones it was difficult to hear the panels
- It would be good to hear all the pitches together
- Great initiative. Grass roots projects are the way to go. Less Darwin centric in the future
- Great initiative for upcoming projects
- Attendees should have an opportunity to vote maybe in the form of a second place "people's choice" grant
- The pitches didn't address well what they were practically trying to do and how the funds would support this.
- Unfortunately could not stay for all of it however what we did hear was awesome
- I wish it had been advertised more. I certainly did not know about it until the day
- It helps to break up the event with something different. Its fresh. Great to see new ideas. It also encourages those people to attend the meeting where they can hear from others doing good things in the sector
- Absolutely brilliant idea, but could be varied to suit the organisers program; big tick of approval. I strongly feel that outside sources or new insights, grass roots info is the way forward. **SHOULD THE PITCH CONTINUE?**

● Yes	24
● No	1
● Maybe	2

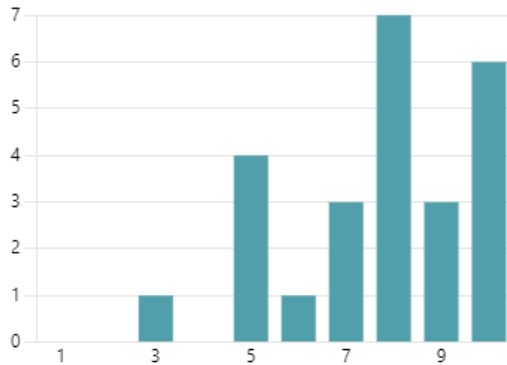


HOW WOULD YOU RATE THIS PANEL/COMMENTS?

“WHAT WORKS FOR ABORIGINAL PEOPLE WORKS FOR ALL PEOPLE”

7.72

Average Rating



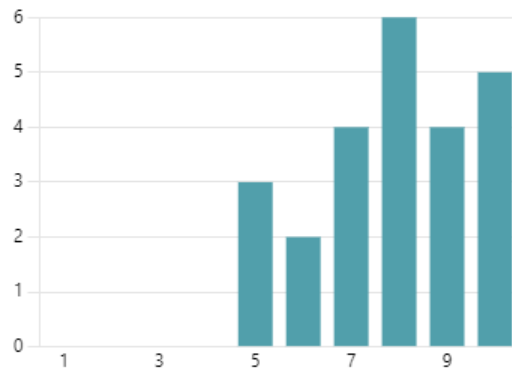
- Love that we're hearing this voice and it makes sense. Holistic approaches, not capitalist
- The knowledge that the panelists were able to share
- It was an interesting conversation
- The truth, integrity and knowledge of the speakers
- Great to have and support advocacy of Aboriginal imperatives - not sure issue was communicated as well as could have been
- The benefit of applying collectivism vs individualism
- The breadth of experience
- It was really interesting learn more about the family system of first nations people
- Cultural approaches to raising awareness and opening the discussion in a sensitive manner
- That whilst there are cultural differences that need to be taken into account when dealing with suicide in aboriginal communities, that the pain and loss suffered by all people is the same intensity
- There's a need for context specific and diverse approaches to meet the needs of Aboriginal communities, especially young people in regional and remote settings.
- Great initiatives further support needed
- It's a strong message
- Although these people were from the front line I struggled to hear and understand what was being presented

HOW WOULD YOU RATE THIS PANEL/COMMENTS?

“CHANGING IT UP: INNOVATIVE APPROACHES TO SUICIDE PREVENTION”

7.88

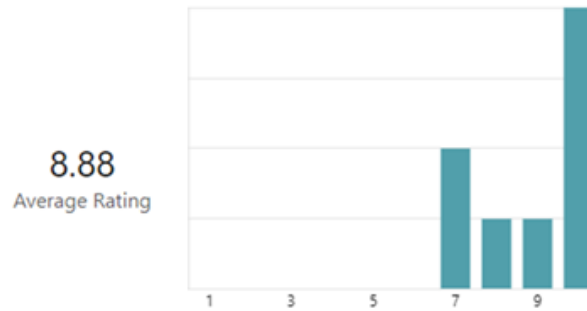
Average Rating



- This was a great conversation. Janey was exceptional and so heartfelt
- The diversity in the panel experience
- Some good perspectives from a range of speakers
- Very interesting topic - could have been more engaging more panel lead
- Karyn Moyle stood out as she is actively involved in "community" efforts (suited this kind of forum)
- Team Health Rep was good to hear from
- Diverse experience
- Just hearing about what is happening in various organisations to tackle suicide was interesting
- Provides good insight and covered a broad range of backgrounds, but it's important to engage agencies with a local footprint
- Change and support needs to happen
- Good knowledgeable speakers
- Again I struggled to comprehend. After 25 years in Darwin I receive respect from the Indigenous that I know from Belyuen. However, I can see an alcohol problem disrupting in crucial early child attachment and development and then dysfunctional modelling for the school age children perpetuating a spiral of alcohol abuse.

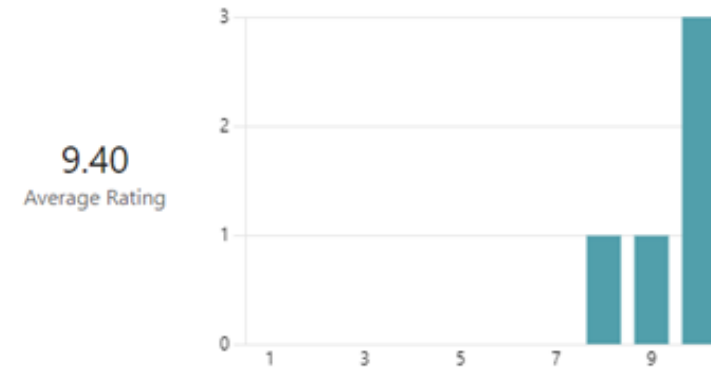
LIVED EXPERIENCE WORKSHOP

- Addressed the issues well and people were comfortable speaking up
- There isn't currently a framework in the NT for LE to have a voice.
- A good workshop
- The insight of lived experience helps those left behind. There needs to be insight into the victims early experiences of abandonment and subsequent psychological pain and awareness of such



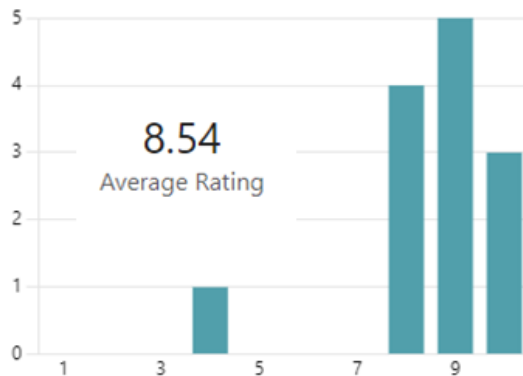
THINKING BLAK WORKSHOP

- Erin is fantastic - with little preparation she delivered a fantastic presentation which is a testament to her knowledge
- Amazing woman, she inspired me
- There needs to be hands on personnel that are fellow indigenous or trusted whites and education of mental issues of feeling bad, depression



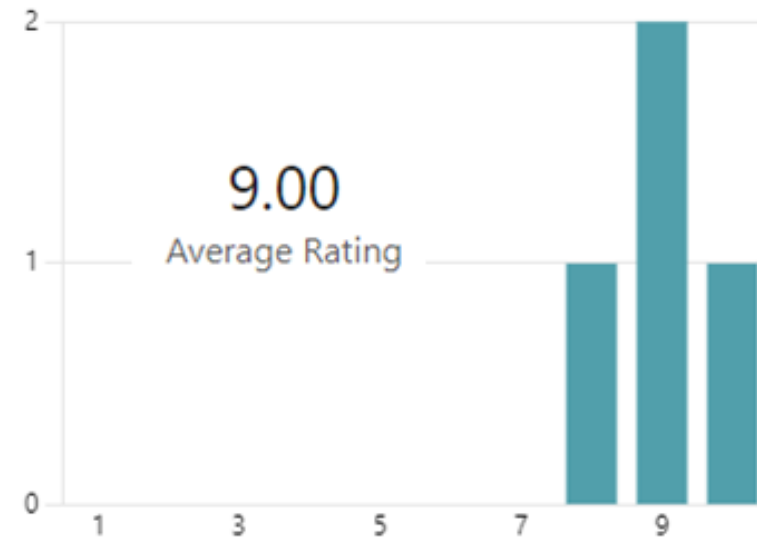
MEN'S ENGAGEMENT WORKSHOP

- Great selection of different programs
- This was a very engaging workshop given by grassroots men
- Could have had more First Nations representation
- Sam Weston told a great story about how to initiate organic peer lead support
- Brilliant discussion and led beautifully. These guys are fantastic and Mad Snake Cafe really should be used as a model for a national franchise.
- The non-clinical approaches which enhance community connectedness and engagement for men
- Strong presenters, with good stories to tell. Very engaging. Well chaired by Matt
- There needs to be far, far, deeper education/awareness into men's issues.



ENGAGING COMMUNITIES WORKSHOP

- YES, brilliant idea, should be more of it. I feel group therapy for bully victims would be progress, along with recognition that bullying is an addiction and upgrading the current obsolete definitions of bullying that leave victims powerless and in self doubt.



WHAT WOULD YOU LIKE TO SEE HAPPEN IN THE NT AROUND SUICIDE PREVENTION?

- Host another 1-day symposium in 2024, work and support the strategic framework, establish a strong network
- Definitely a 2 day summit and workshop session. More professional venue and national promotions.
- More of the good things that are continuing to happen and the successes.
- Timelines for action in the suicide prevention implementation plan
- I feel that one day is enough, a peak body in the NT would be fantastic!
- A peak body be established in the NT
- More grassroots businesses engaged
- Regional summits also + more engagement/involvement/investment from the social dominant sectors and first responders
- Peak body. Further work into Indigenous suicide prevention
- A peak body must be established soon so that a strategic and whole of community approach to suicide in the NT can finally occur. Piecemeal approach will never work.
- I met some people who work in health did not know it was on and said if they had they would have attended
- Empower grass roots responses
- I think there would need to be some careful planning in order to host a 2-day summit. A peak body provides a platform for information sharing, planning, advocating and avoiding duplication of effort
- Peak body would be great
- Looking upstream. What are the precursors or conditions that lead to suicide ideation. How do we intervene and support people at those times? There needs to be some, "How do you put a man on the moon" type changes, this is a world problem, OK? There needs to be steps, alcohol, loneliness, bullying needs to be redefined as an addiction not the victims fault for causing it, and I'm sure there are other facets that need to be studied and learnt.



SPECIAL THANKS TO OUR MAJOR SPONSORS



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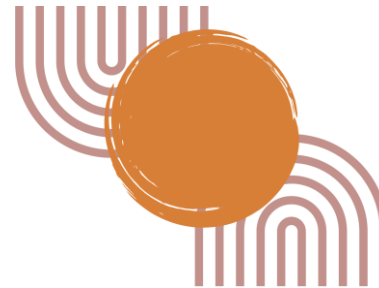
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